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MONTHLY

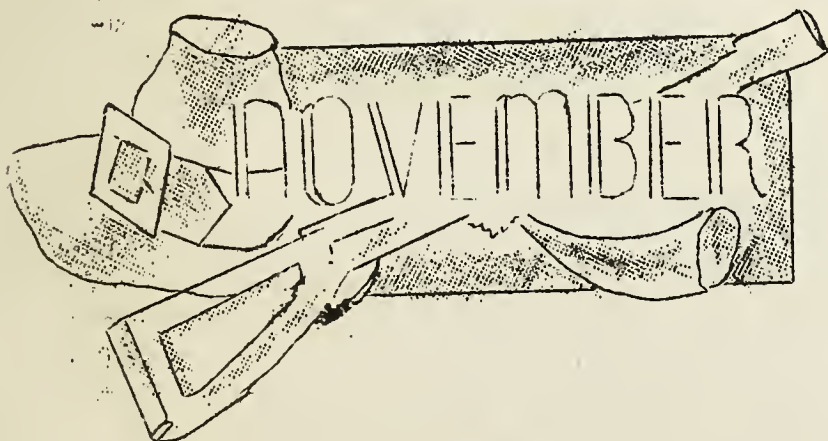
INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE

Western Union Building
Atlanta 3, Georgia



November, the Thanksgiving month, features three old time favorites--carrots, cabbage, potatoes, both Irish and sweet--as the best food buys. The latter part of the month should find another tempting vegetable--cauliflower--in excellent supply in grocery store bins.

CARROTS ARE TOPS

High on the list for taste appeal as well as nutritional value is the crisp and colorful carrot. The story of its struggle to reach the lofty position science accords it today is the Horatio Algers yarn of the vegetable world. When carrots were first introduced in this country, they were considered weeds. The Dutch were the first to cultivate them. They were introduced into England during the reign of Queen Elizabeth. English ladies were said to have used the carrot tops as plumes on their favorite hats; what they did with the carrot itself is not recorded.

Carrots are high in Vitamin A and contain other vitamins and minerals in smaller amounts. It's the Vitamin A that helps to maintain healthy skin and membranes; builds resistance to infections. Too, Vitamin A is essential for good vision and a liberal supply in the diet improves night vision and helps prevent "night blindness."

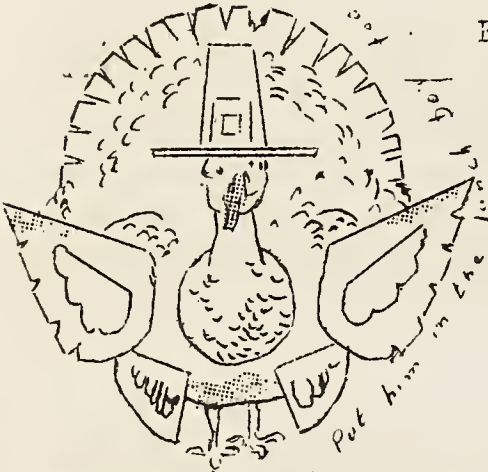
So, develop a slight prejudice in favor of the carrot. Choose them often from cafeteria counters. Eat them cooked or raw, but eat them liberally--at home as well as at work.

To House Organ Editors: These articles
may be included in your plant publication.
Select those which will interest your readers.

We don't want to cast any reflections, but when carrots aren't good it's often the fault of the cook, not the carrot. If you would treat them right and make the most of their flavor, vitamins and minerals, cook them this way:

1. Scrape young carrots lightly and cook them whole in a small amount of boiling salted water.
2. Cut large carrots into strips or slices and cook them in enough boiling salted water to bubble up through the carrots.
3. Cook carrots until they are tender but don't overcook them.
4. Serve the juice left in the cooking pan with the carrots or add it to the soup or gravy.
5. Season the cooked carrots with butter or margarine and serve them piping hot.

Serve them raw for color and crispness, as a relish or in salads. Make tasty raw salads combining carrots with cabbage; carrot, apple, and raisin; carrot, celery, and green pepper; carrot and pineapple molded in lemon jello. Remember, crisp carrot sticks in the lunch box are good with sandwiches or between meals.



EAT A LUNCH THAT PACKS A PUNCH

A well-balanced lunch is body fuel, necessary to carry us through a full day. To avoid that overtired feeling when our working day is done, choose a good lunch. Whether you eat in the plant cafeteria or bring your lunch from home you can get the vital body fuel you need if your lunch is well-balanced. Remember, a good lunch should supply about 1,000 calories and one-third or more of the daily food needs.

A well-balanced box lunch

The family lunch packer will include, for health's sake, the following foods in the lunch box every day:

1. Protein-rich food (meat, fish, poultry, cheese, eggs or peanut butter).
2. Enriched or whole-grain bread. Vary the bread from day to day. Use oatmeal, raisin, graham, and fruit breads occasionally to add interest.
3. Milk. As a beverage or in the form of custard, or a pudding, or cream soup.
4. Butter or fortified margarine. Spread it clear to the edge of the bread to keep the filling from soaking into the bread.
5. A green or yellow vegetable. Lettuce, celery curls, raw carrots and yellow turnip sticks add crispness and vitamins.
6. Fruit or fruit dessert. Apples, oranges, bananas, and dried fruit are easy to pack. Include a stewed or canned fruit in a covered jar now and then.

For morale include:

1. A hot food, especially in cold weather. Put a cream soup, vegetable soup, hot chocolate or perhaps chili con carne or a stew in the thermos bottle.

2. A surprise. Potato salad, raw vegetable or fruit salad, baked beans in a covered jar.
3. A sweet. Cake and cookies are good lunch box desserts. - they add calories and help to "finish" the meal and satisfy the "sweet tooth."

Lunch Box Menu Suggestions

- | | |
|---|--|
| 1. | 2. |
| Meat loaf sandwich on whole-wheat bread | Cream of tomato soup |
| Cream cheese and jelly sandwich on enriched bread | Chicken salad sandwich on enriched bread |
| Crisp carrot sticks | Sliced luncheon meat on rye bread |
| Orange | Crisp turnip slices |
| Oatmeal cookies | Apple |
| Milk | Chocolate cup cake |
| | Beverage |
| 3. | 4. |
| American cheese sandwich on enriched bread | Corned beef sandwich on whole-wheat bread |
| Peanut butter and bacon on whole-wheat bread | Chopped prune and nut sandwich on enriched bread |
| Cole slaw | Celery hearts |
| Fresh grapes | Apple sauce |
| Milk | Ginger cookies |
| | Milk |
| 5. | |
| Tuna fish salad sandwich on enriched bun | |
| Cream cheese sandwich on nut bread | |
| Fresh pear | |
| Peanut butter cookies | |
| Milk | |

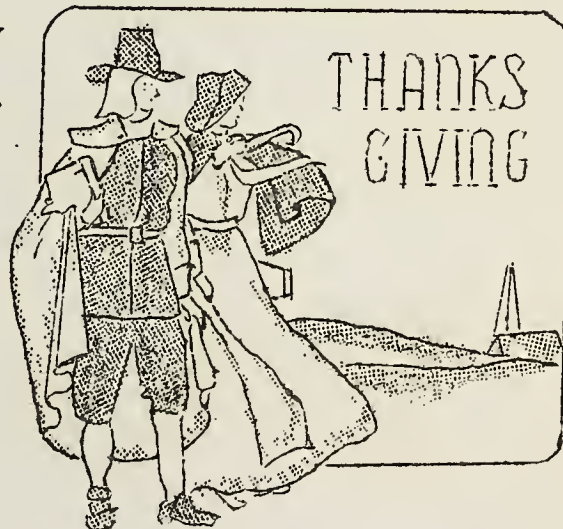
TAKE HOME IDEAS

Thanksgiving's coming

When selecting your Thanksgiving turkey, look for these marks of quality:

1. Clean, tender skin with few pin feathers and no bruises or discolorations.
2. Well-fleshed breast and thighs and a generally plump appearance.
3. Covering of fat under the skin on the breast, legs, thighs, and back.
4. Short body and broad breast indicate a meaty bird.

Allow about 1 pound of turkey, dressed weight, for each person to be served.



Thanksgiving Menu

Fresh fruit cocktail
Roast turkey with dressing
Cranberry sauce
Mashed potatoes* - Giblet gravy
Parsley-buttered cauliflower*
Relish tray: Carrot sticks, celery
curls, green olives, watermelon
pickles

Pumpkin pie with cheese
Coffee

* Abundant foods

HEALTH HINTS

Dr. Henry C. Sherman of Columbia University in New York City found that a liberal amount of vitamin A increases the life span of white rats. One group of rats fared well for 58 generations on a "good" diet, while another group, which was given the same diet but twice as much vitamin A, lived much longer. Perhaps men, as well as rats, would enjoy a longer life and better health if they had a liberal amount of vitamin A in their diets.

If you drink a pint of milk a day, spread your bread with butter or fortified margarine, and eat one or more servings of leafy green and yellow vegetables every day, you will probably obtain the vitamin A you need for good health.

